

A graphic with the text "OPIOID Epidemic" in white, bold, sans-serif font. The background is a dark red, textured surface that looks like a pile of red pills.

OPIOID Epidemic

- ❑ **52% of all opioid prescriptions are for low back pain**

Optum Labs October 24, 2019

- ❑ **36% of people who died from opioid overdoses were diagnosed with chronic back pain.**
 - **Add in those with a chronic headache diagnosis and this number climbs to 50% of all opioid overdose deaths.**

American Journal of Psychiatry 175:6, June 2018

- ❑ **There is little evidence that opioids improve chronic pain, function, or quality of life, and long-term use of opioids, particularly at higher dosages, is associated with overdose, misuse, abuse, and opioid use disorder.**

J Altern Complement Med. 2018 Feb 22

- ❑ **The economic burden of opioid use disorder and fatal opioid overdose was estimated to be \$1.02 trillion in 2017, with most of the costs attributed to reduced quality of life from opioid use disorder and the value of life lost due to fatal opioid overdose.**

www.cdc.gov



Risk of Early Opiate Prescription and Long-Term Opiate Use Differs by Initial Provider Type

The Stanford University School of Medicine Study 2019

- A review of 75 million claims across all states to determine early opiate prescription (14 days) and long-term use (6 prescriptions in 12 months) based on provider type diagnosing low back or lower extremity pain.
- 40.4% of patients received an opiate prescription at some point in the year following their initial diagnosis of low back or lower extremity pain
- **Chiropractors were found to have the lowest rates among all physician categories**
 - When a Doctor of Chiropractic was first seen only 2.5% of patients received an early opiate prescription and only 0.98% had long-term use
- Emergency medicine produced the highest early prescription rate (43.1%)
- Pain management had the highest long-term use rate (6.65%)
- Family Practice (PCPs) had an early prescription rate of 24.4% and long-term use rate of 2.03%

Initial Provider Specialty Is Associated With Long-term Opiate Use in Patients With Newly Diagnosed Low Back and Lower Extremity Pain

Azad, Tej D., MS; Vail, Daniel, BA; Bentley, Jason, PhD; Han, Summer S., PhD; Suarez, Paola, MS; Varshneya, Kunal, BA; Mittal, Vaishali, BA; Veeravagu, Anand, MD; Desai, Manisha, PhD; Bhattacharya, Jay, MD, PhD; Ratliff, John K., MD

Spine, February 1, 2019 – Volume 44 – Issue 3 – p 211-218pp. 1–5



The Stanford University School of Medicine Study 2019 - Continued

Compared to Doctors of Chiropractic:

Provider Type	Early Opiate Prescription	Long-term Opiate Use
Physical Therapist	2 times the rate of chiropractic	nearly 2 times the rate of chiropractic
Family Practice/NP/PA	10x	2x
Emergency Medicine	17x	
Pain Management	8x	7x
Orthopedic Surgeon	7x	2x
Physical Medicine and Rehab	7x	3x

Initial Provider Specialty Is Associated With Long-term Opiate Use in Patients With Newly Diagnosed Low Back and Lower Extremity Pain

Azad, Tej D., MS; Vail, Daniel, BA; Bentley, Jason, PhD; Han, Summer S., PhD; Suarez, Paola, MS; Varshneya, Kunal, BA; Mittal, Vaishali, BA; Veeravagu, Anand, MD; Desai, Manisha, PhD; Bhattacharya, Jay, MD, PhD; Ratliff, John K., MD

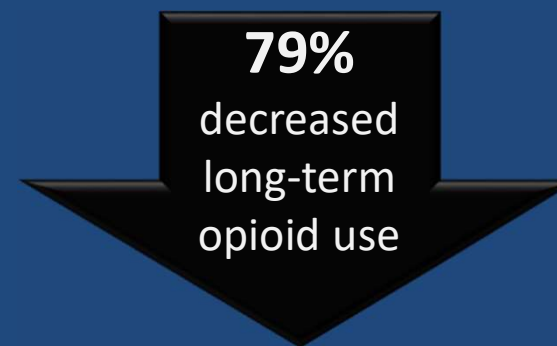
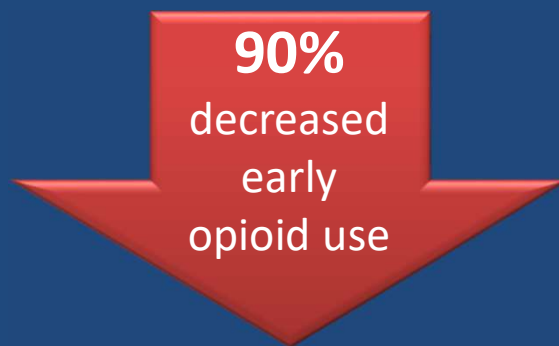
Spine, February 1, 2019 – Volume 44 – Issue 3 – p 211-218pp. 1–5



Early and long-term opioid use: Benefits of Early Chiropractic Intervention

British Medical Journal 2019

Patients who received initial treatment from doctors of chiropractic had decreased odds of short-term and long-term opioid use



Study Conclusions:

- “use of conservative therapists as initial providers for new-onset LBP [low back pain] are associated with lower odds of early and long-term use of opioids compared with PCPs.”
- “Incentivizing use of conservative therapists may be a strategy to reduce risks of early and long-term opioid use.”
- “Factors related to health plan benefit design such as out-of-pocket costs for treatment alternatives (eg, PT and chiropractor visits, opioids) and impact of gatekeeper requirements on care patterns should be investigated.”

Observational retrospective study of the association of initial healthcare provider for new-onset low back pain with early and long-term opioid use

British Medical Journal Open. September 26, 2019

<https://bmjopen.bmj.com/content/9/9/e028633>

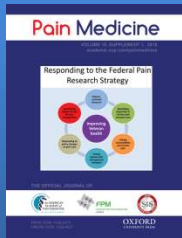
Chiropractic Compared to Physical Therapy: Opioid Usage Rates in Patients with Low Back Pain

Arkansas Study 2022

“The use of chiropractic care within 30 days of LBP [low back pain] diagnosis was associated with diminished use of opioids in the short term and, in particular, the long term, in which the risk of LTOU [long-term opioid use] was almost cut in half. Surprisingly, the use of PT did not mitigate the risk for acute or LTOU”

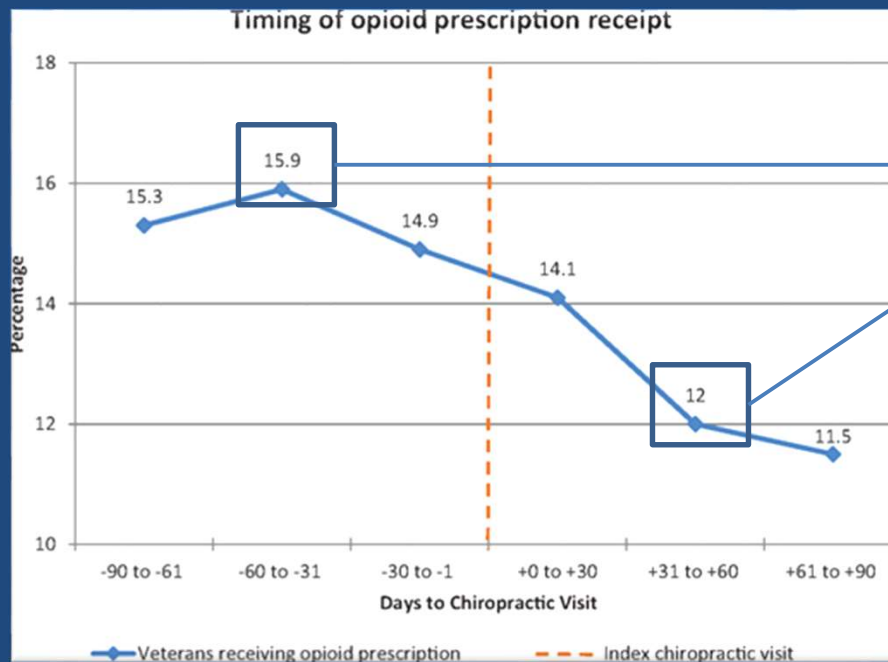
Associations Between Early Chiropractic Care and Physical Therapy on Subsequent Opioid Use Among Persons With Low Back Pain in Arkansas

Mahip Acharya, BPharm, Divyan Chopra, MS, Allen M. Smith, PharmD, Julie M. Fritz, PhD, PT, and Bradley C. Martin, PharmD, PhD
Journal of Chiropractic Medicine, 2022 Jun;21(2):67-76



Opioid Use Among Veterans of Recent Wars Receiving Veterans Affairs Chiropractic Care

2018 Veterans Affairs (VA) Study



Opioid use dropped by 25% following the start of chiropractic care

“our results, along with the previous literature, suggest that expanding access to chiropractic care should be a key policy consideration for the VA, congruent with national initiatives aimed to increase the use of evidence-based nonpharmacological treatments for chronic musculoskeletal pain.”

Opioid Use Among Veterans of Recent Wars Receiving Veterans Affairs Chiropractic Care

Lisi AJ, Corcoran KL, DeRycke EC, Bastian LA, Becker WC, Edmond SN, Goertz CM, Goulet JL, Haskell SG, Higgins DM, Kawecki T, Kerns RD, Mattocks K, Ramsey C, Ruser CB, Brandt CA.

Pain Med. 2018 Sep 1;19